



My Thoughts around Boundaries

Here we are going to take a dive into your thoughts around boundaries - They are key in how you feel about setting them!!!

What does the word 'boundary' mean for me?

How do I feel when I hear the word 'boundary'?

What are my fears around boundaries?

What was my experience growing up?

Can I say no without feeling guilty?

What does not practicing boundaries result in?

What would be better about practicing boundaries?

When have boundaries felt good / better?

What, if anything, has helped me set boundaries?

